THE INNIS HERALD

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Inspiring a lifelong commitment to learning

The ins and outs of the Later Life Learning program

Later Life Learning President Merle McMurray is pictured here (bottom row centre) next to Later Life Learning Vice President Nancy Green (bottom row right). They are attending an appreciation tea to celebrate the inaugural Innis Admission Scholarship for Indigenous Peoples, which is made possible through the generosity of Later Life Learning.

Daria Mancino

INNIS LIFE

On any given day, you can see Innis students, staff, and faculty bustling around the College, creating the vibrant sense of community that I instantly fell in love with here at Innis. But there's another group that calls Innis home and is deeply interwoven into the fabric of our community—the Later Life Learners.

Every semester, the Later Life Learners can be found listening attentively to one of several lectures in town hall, hosting group discussions in the Innis Residence Events Room, mingling in the Innis College lobby, or chatting with friends over lunch at the Innis Cafe. Spending more time in Town Hall than the average Innis student, the Later Life Learners are a testament to the benefits of forming strong bonds between the college and our surrounding community.

As an Innis student who has frequently run into the Later Life Learners during my four years here, I was keen to learn more about the program. I sat down with Merle McMurray, current President of Later Life Learning, to find out more about the program's history, operations, and the benefits it provides to both its members and the Innis College community.

The Later Life Learning program was founded in 1981 and currently serves over 1600 members, all of whom are retirees. The program offers seven lecture series per year—four in the fall and three in the winter—on a wide range of ever-changing topics. This year's winter courses include: Best of Ballet, taught by ballet-enthusiast and formed Canadian Oxford Dictionary editor Katherine Barber; A Guide to the Outer Edges of Cinema, taught by award-winning Canadian filmmaker Guy Maddin; and Black History in Canada, taught by Channon Oyeniran, Vice President of the Ontario Black History Society. Lecture series, which run for ten weeks, cost a modest $65 for members and often fill up within minutes of the online registration opening.

Merle joined Later Life Learning in 2001 after hearing about the program from a friend of a friend. She was able to get a spot in an under-enrolled course entitled "Water" in the winter of 2002, which then allowed her to bypass the lengthy waiting list and join the in-demand program. She's been an active member and never missed a session since.

The program has evolved in many ways over the almost twenty years that Merle has been involved in Later Life Learning. About ten years ago, Later Life Learning began offering a new program: a weekly Current Events discussion group. The Current Events group, capped at 35 members, meets once a week in the Innis Residence events room and discusses a different topical issue each week. The topics are chosen by participants at the first session and each week one member will give a presentation to the rest of the group and facilitate a group discussion. The group occasionally brings in guest speakers, but Current Events is primarily curated and delivered by Later Life Learners themselves.

Another recent development to the program has been the formation of the Books & Beyond discussion group. This course started two years ago and is similarly self-directed. Members choose four books to read over ten weeks and participants take turns leading the course presentations which alternate between discussions of the book itself and of topics inspired by the books. This course is similar to a book

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THE
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The Innis Herald has given a voice to the students of Innis College and the University of Toronto since 1965. We circulate 1000 copies of our paper to Innis students, alumni, faculty, and anyone else who happens to come across it.

We are committed to covering stories that matter to students. Our content aims to help students connect to their college, campus, city, and world.

RECYCLE OR DIE.

CONTINUED FROM PAGE 1

Merle McMurray (left) is pictured next to her husband Don McMurray and her good friends Nancy Green (right) and her husband.

club and as such its registration is capped at twenty people to help facilitate lively discussion. These smaller discussion groups cost only $40 per session.

Offering eleven programs per year to hundreds of members is no easy task and requires dozens of dedicated volunteers. At the core of the program is the Later Life Learning Board of Directors, a team of twenty volunteers that oversees everything from registration, to facilities, communications, donations, and finance. The Board is also responsible for coming up with potential topics for the upcoming year's lecture series—planning that begins a full year in advance. The Board of Directors is supported by two paid staff—one program coordinator who finds lecturers based on the Board's topic suggestions and another staff person who helps in the office as needed. The program is also supported by other volunteer members who assist with lecture check-ins, hosting speakers, and coffee service.

Merle is now in her second year as President of the Later Life Learning Board of Directors. Coupled with her nearly twenty years of experience with the program, she had incredible insights to shed on not only the history and operations of the program, but the benefits it creates for both its members and the wider Innis College Community.

Later Life Learning of course provides members with excellent courses that enrich their learning and expand their worldviews. Perhaps a more important element of the program, however, is its ability to expand its members social circle and provides a strong sense of community and belonging. "As we age, we lose a lot of our friends," Merle noted. She recognizes that "new friends will never be the same as old friends," but Later Life Learning "creates an opportunity [for members] to meet new people and engage with other people in [their] age group." Many members of the program, Merle included, have developed incredibly strong friendships and met people with fascinating life stories through Later Life Learning.

While being around people their own age is certainly a benefit of the program, the fact that Later Life Learning takes place in Innis College means members also get to be around university students. "It's nice to be around young people and hear about their plans for the future," Merle remarked, commenting on how enjoyable it is to see Innis students engage with various College boards, clubs, and councils.

Merle also talked in detail about the strong partnership between Later Life Learning and Innis College. She's most proud of the money that Later Life Learning has raised to directly support Innis students through various scholarships. She told me that the regular scholarship fund is "very healthy," containing an endowment of "well over a million dollars." This money is used to support over 70 scholarships that are awarded to students based on academic achievement and financial need each year. Last year, Later Life Learning also made an endowment to create a scholarship specifically for Indigenous students.

Later Life Learners also routinely support Innis's Refugee Student Fund, having raised over $90 000 to directly support refugee students. They're enthusiastic audience-members at the annual Innis College Benefit Concert and also host their own fundraising events throughout the year.

While Later Life Learning provides many benefits to the College, the relationship is certainly "a two-way road." The College frequently supports the Later Life Learning program, whether through its "wonderful staff" or by helping secure lecturers for upcoming lecture series. One of the current courses, A Guide to the Outer Edges of Cinema, came to be through Later Life Learning's connections with the Cinema Studies program. "Later Life Learning certainly gets benefits from its partnership with the College," Merle said. "Innis is very familiar and friendly," making it the perfect host for the Later Life Learning program.

Having taken dozens of courses at Innis, I asked Merle what her all-time favourite lecture series was. "It would have to be a course I took on Italian Cinema in the 40's," Merle said.

Merle gave me a sneak-preview of the upcoming fall lecture series. Later Life Learners can look forward to courses on China, ethics and the environment, ten important Canadians, and a course on the history of espionage (Merle thinks this one will be the crowd favourite come registration time). As always, the future of Later Life Learning is looking bright.

My friends and I like to joke that we'll know we've made it in life if we become Later Life Learners one day. In reality, this is a comment made more in seriousness than in jest. I hope to be as active, inquisitive, and passionate as the Later Life Learners when I'm retired. This dynamic community serves a reminder to twenty-something students like myself that learning is a lifelong exercise and that education can be pursued joyously and communally if dedicated, enthusiastic people come together and make it happen.

If you're interested in learning more about the Later Life Learning program, you can visit their website at http://sites.utoronto.ca/innis/lll/. You can join the waitlist for the Later Life Learning program by sending your information to lll.innis@utoronto.ca.

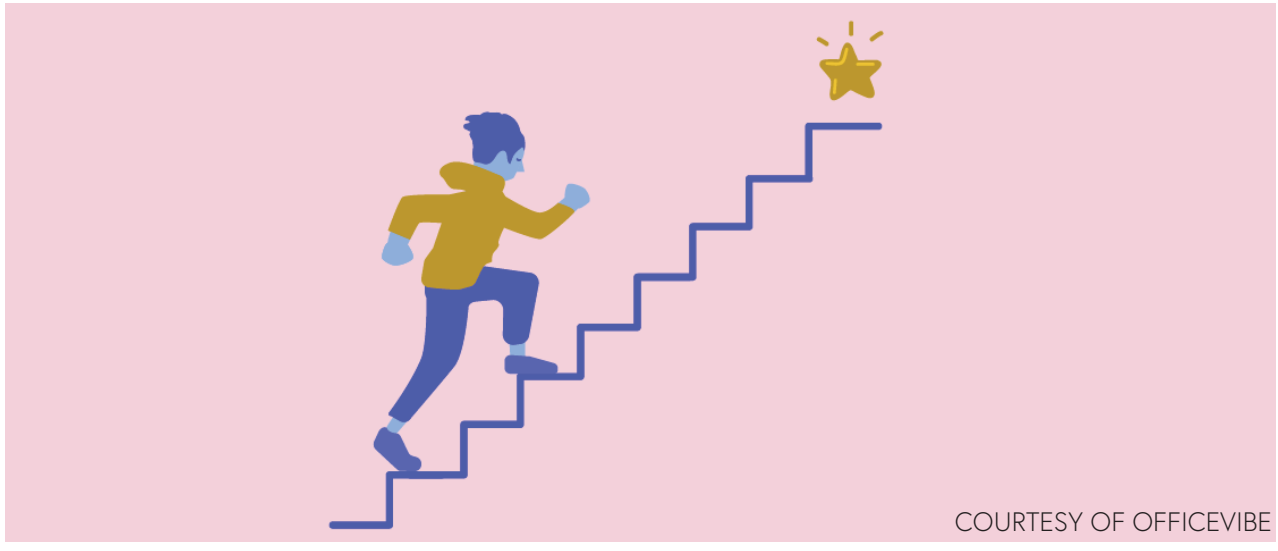
Thank you to Merle McMurray for taking the time to share her wealth of knowledge with us.

Not sure what motivates you?

Professor Weststrate's workshop can help you find the answer

Daniel Li

INNIS LIFE



COURTESY OF OFFICEVIBE

Four years ago, Professor Nic Weststrate offered several interactive workshops on academic motivation for Innis College students. The workshops, entitled "What Motivates You", were held eight times over a two-year period and each session was met with overwhelming attendance and praise.

The workshops were developed with the help of the Innis College Registrar, Donald Boere, who pinpointed the biggest issues students face that Professor Weststrate could address in his workshops. This included concerns about getting into medical and graduate school, desires to switch into a different program, distractions from studying, as well as several other anxieties that students face on a daily basis. Ultimately, all of these issues were related to motivation.

As an assistant professor at the University of Illinois at Chicago and a member of the Chicago Center for Practical Wisdom, Professor Weststrate has a respectable background in the topic of psychosocial development in adults. He was able to utilize motivational psychology to address these student concerns in the workshops.

The result was a 90-minute workshop where students could learn the basic theories of motivation psychology, identify their motivators, and learn how these insights could help them academically and professionally.

Nearly every student that attended stayed for the duration of the workshop (a rare occurrence in most workshops of this length). Students noted in particular Professor Weststrate's ability to create a welcoming environment, his friendliness, and his passion for the topic. "Great food and great speaker...didn't look at my phone once," said one student. Almost every student attendee said they would recommend these workshops to a friend.

A learning strategist heard of the workshops and reached out to the registrar. "I've heard extremely positive feedback...[The students] called the workshop enlightening—extremely high praise from this particular student. I hope the turnout was good—I think motivation is such a stumbling block for so many students and they would benefit from this excellent work[shop]."

This year, Professor Weststrate is returning to offer four sessions of his "What Motivates You?" workshop in March. *The Innis Herald* reached out to Professor Weststrate for an interview.

This interview has been edited for clarity. A version of the article with the full interview can be found on our website, theinnisherald.com.

The Innis Herald: Have you always been interested in motivation? Is Innis the only place you've given these sessions or have you held these sessions elsewhere?

Nic Weststrate: Motivation has always fascinated me. I tend to be drawn to big questions such as why people do what they do, and not just in the academic context, but in many domains. This is probably why I turned to psychology during my undergraduate studies.

I vividly remember learning about motivation in those early years and realizing I could apply this new knowledge to my own practices as a student. From those courses, I learned lessons and developed habits that had a significant positive impact [on] my educational experience. I want to help students make those same connections... I've taught undergraduate students and students in teacher training programs. Facilitating these sessions at Innis allows me to bring this message to a broader audience, which I am very thankful for.

IH: Why do you think students should go to these sessions?

NW: My goal in offering these sessions is to provide students with an opportunity to self-reflect on their reasons for being where they are today... Students make these decisions for many different reasons—curiosity, enjoyment, passion... parental pressure, etc. From a motivational perspective, these reasons are not all equal... some of these reasons are extrinsic and others intrinsic.

It's important for students to understand how their motivational orientation toward their studies is connected to their well-being and academic success. By now, there is overwhelming evidence indicating that intrinsically motivated students are happier, healthier, and more successful than others.

I'm here to encourage students to ask themselves, maybe for the first time, why they are doing what they're doing. Depending on the answer to that question, it might be time for some students to make a small or big change. In fact, the change might simply be in terms of how they make meaning of their academic experience.

Students sometimes fail to realize that motivation is often just a matter of perspective, and the point of this session is to help students shift their perspective in a positive direction. In my sessions, I encourage students to question what success means and to define it for themselves, while still meeting conventional standards of success that might be important for other reasons (e.g., maintaining a financial award, getting into graduate school).

IH: What aspects of your sessions do you think are the reason for its overwhelming success among students?

NW: Ultimately, this session empowers students. It gives them permission to ask big questions they may not have thought to ask before. It also provides information and strategies that students can implement in their daily lives to promote their satisfaction and success at university. In these research-informed workshops, the focus is squarely on the students in the room, not on some distantly removed theory, which I think students appreciate.

IH: If students only remembered one thing [from your sessions], what do you hope they take away?

NW: My message, in oversimplified terms and with plenty of caveats, is: the secret to academic success is loving what you study. If you don't love it, either change what you study or find a way to value what you study for reasons that emanate from your own authentic sense of self, not because it makes other people happy or will help you to achieve some external reward, like status or a high-paying job.

So many students are looking to the horizon, to what comes next after university. I fear that those students are missing out on the incredible joy that can come from learning and developing in the now, while at university. What students don't realize is that enjoying the now might actually make them more competitive or better prepared for what comes next.

IH: What's one word of advice you have for students that won't be able to attend your sessions?

NW: My advice would be this: Despite all of the pressure to perform and achieve, don't forget that learning can be fun. You pay a lot of money for your education, so you should walk away with something more than just good grades. Find a way to fall in love with what you're learning. If what you're learning is unlovable, then make a change. That sounds like a bad romance to me.

As it is approaching the time of year for students to begin thinking about summer jobs, internships, and graduation plans (for those who haven't already started), Professor Weststrate's workshop offers a critical moment of reflection and empowers students to make the best decisions for themselves.

The upcoming "What Motivates You?" workshops will be held in the Innis Events Room on March 10, 16, and 18 at 4:00 PM, and on March 13 at 1:00 PM. Each session is free of charge and includes a meal. You can pre-register at https://innis.utoronto.ca/what-motivates-you.

How to U of T: Making the most of our libraries

COURTESY OF MUKTI PATEL

While students may be reluctant to spend any more time in libraries than they already do, Julie Shi shows the treasure trove of resources and entertainment within U of T's library system that all students should be taking full advantage of.

Julie Shi

STUDENT LIFE

Readings, research, and review sessions. Add Robarts to this list of R's and you might be hesitant to learn any more about U of T's libraries beyond their opening hours and which seats are most comfortable. However, with over 40 libraries available to you all across campus, knowing more about the ins and outs of our library services can support you in both your academic career and your leisure time.

Call numbers

Much like houses and buildings, books are assigned addresses, or call numbers, that determine their location in the stacks. When you search for a book in the catalogue or visit the stacks, look for the alphanumeric string listed next to the holding library or on the spine of the book—that's the call number. Unlike geographical addresses in Canada, however, call numbers begin with the most general information and become increasingly detailed.

Generally speaking, the stacks at U of T are arranged according to general and specific subject classifications set out by the Library of Congress. These subjects correspond with a one or two letter code found at the beginning of the call number. For instance, American Literature is noted as PS within the P class of Language & Literature. These letters are followed by a numerical series that represents a specific topic; PS books falling between 8001-8599, for example, are considered Canadian literature and can be found in the same general area.

The next segment, separated by a period, focuses on the author's last name and comes in two parts. While the first part is straightforward and follows the alphabet, the numbers that come after should be read in decimal order, rather than numerical as the subject code is read: A1234 precedes A24 which precedes A3. Depending on the books, further information regarding publication years and volume numbers may be provided at the end.

Course Reserves

At times, a selection of materials will be marked in the catalogue as 'course reserves' rather than in the 'stacks' or 'checked out.' Course reserves materials are set aside by instructors to give their students access to required or recommended class readings. That being said, course reserves can be borrowed by anybody with a valid U of T library card and can be retrieved from the course reserves section of the library or by request at the loan services desk. If you're looking for the course reserves at Robarts, head to the Media Commons on the third floor.

The key differences between materials in course reserves and those in the stacks are the loan periods and fines. As short-term loans, course reserves can only be checked out for anywhere between one hour and seven days and cannot be renewed. Fifty-cent fines also accrue every hour after the time that the book is due, so be sure to return your reading directly to the circulation desk on time. For reference, undergraduate students can normally borrow up to 50 items for two weeks with up to five renewals for each item. Overdue fees for these works are fifty cents a day.

Requesting off-campus items

If the items you're looking for aren't available at any of the downtown campus libraries, don't fear! You have a few options. For any items available at UTM, UTSC, and Downsview, you can make an intercampus delivery request and it should be available for you to collect from Robarts, Gerstein, or Kelly library within five days. If you choose to do this, keep in mind that your loan period begins at the time your request is made.

If what you're looking for isn't available through U of T Libraries, you can request an interlibrary loan (ILL) through the RACER portal. RACER allows you to locate books and articles at other universities and request either physical or scanned copies. Delivery times for ILLs are unfortunately less predictable and depend on the holding institution as well as the volume of requests being made.

Time for fun

Outside of leisure reads and comfy armchairs, the libraries also have tons of little gems to destress and socialize. Aside from course reserves, the Media Commons at Robarts is home to thousands of films and television shows that can be taken home for up to two nights or screened in the library's theatre space. The Commons also stocks a variety of video games and board games, with a PS4 and XBoxOne console available for in-library play on a first-come, first-served basis.

For something a little more active and adventurous, escape rooms are regularly organized at Robarts and the Engineering & Computer Science library. Activity stations are also set up at some libraries, offering puzzles, colouring pages, and cookie decorating to those looking for a break or a reason to procrastinate. Exam period will also see the return of therapy dogs at certain libraries, including Gerstein's mainstay Bella.

For those of you who like to learn new things in your time off, consider attending a workshop or two. From 3D printing and coding in R and Python, to research and writing seminars, entrepreneurial guidance and more, these sessions give you the chance to develop skills that you might not explore in your academic programs or that you'd like to brush up on specifically for school. Low stakes and open to all, these workshops are a great way to take a break while staying engaged.

While this list is admittedly meager with just four highlights, the libraries at U of T are a treasure trove of information, entertainment, and some honestly cozy spaces and stunning views. There's more to these libraries than silent reading rooms in Robarts—you just need to know where to look.

You can't eat toast forever

Louisa You

STUDENT LIFE

I often say that my only hobby is eating and it isn't really a joke. Of all the existentially necessary bodily functions, eating is definitely my favorite (followed closely by sleeping). Now that I no longer live on campus, the best part of my week is discovering new restaurants and revisiting old favorites.

There's one particular Chinese restaurant about three minutes from my house that my roommate's and I frequent so often we kept a running tally on our fridge white board last semester. (It has since been abandoned to protect our sanity and pride.) The night manager now recognizes us and often jokingly berates us for taking too long to pick up our call-in orders.

It follows to reason that I don't really enjoy cooking to feed myself. I am always excited to plan groceries and test my skills at elaborate meals and techniques for a weekend dinner with friends, but cooking breakfast, lunch, and dinner every day almost makes my favourite hobby feel like a chore.

The running joke among some of my friends is that I survived solely on toasted bread when I lived in residence. I'm no Alain Ducasse, but I will say that I have gotten pretty good at making toast. Other than my favourite Country Harvest Ancient Grains & Red Fife bread dinners, I loved having lunch all around campus. Looking back on my four years eating around town, here are some of the spots that stood out the most.

Innis Cafe

The first recommendation for food on campus I received was for the jerk chicken at the Innis Cafe during Orientation Week. To this day, almost four years later, I still believe that our own Innis Cafe is the best food you can find among the dreadful libraries, classrooms, and labs at U of T. During the week before December exam season, I think I ordered the jerk chicken for lunch every single day. Aside from the legendary jerk chicken, their hearty breakfast is the best brain food before a morning test. Nowadays, I've discovered a new love in the chicken kebab and occasionally I like to flirt with the omelette wrap. I'm still there for lunch at least once a week. The owners are lovely and the food is fresh and homey. The more substantive lunch combos come with steamed herb rice and a plethora of salads. It is literally impossible to over-sing the praises of the Innis Cafe.

White food truck

To be honest, I don't like eating from food trucks at all. I just think there are always better options around. The Chinese food truck outside Sid Smith is the only one I've tried and I think I only ate there once. I was really craving Chinese food and it was the closest I could get. It was salty and meaty and so so oily, which made the dish incredibly tasty (fat is flavour!) but also made me need to lie down after eating it. It absolutely did not remind me of my family's cooking, but I chalk that up to regional differences in Chinese cuisine. Up in north-eastern China, where my family is from, flavours are not as sweet and the spice is rounder. I can't say too much about the St. George street food truck scene, but this one is not too bad for what it is. My roommate has their number saved as a contact for quick pick-ups.

Diabolos

Hi, my name is Louisa and I can't have any caffeine at all. Even decaf can keep me jittery and anxious all night, which is absolutely tragic since I love coffee. However, this affliction doesn't stop me from going to this well-kept secret in the University College Junior Common Room. Since the construction began around UC, it's a little harder to navigate to the JCR, but Diabolos makes the journey so worth it. I've since found out where they stock their sandwiches and wraps from with my expert detective skills, but Diabolos's location in the heart of campus makes it very convenient for a terrific quick lunch. You won't find boring mayonnaise and dry breast meat here; I've enjoyed the complexity of everything I've tried. The big tables and comfy couches of the Junior Common Room make it a great place to either relax or study; the atmosphere is not sterilely quiet but also not too distracting. The baristas are always lovely and I highly recommend the coffee, *if* you are a normal person who can tolerate caffeine.

Ned's Cafe

I like this Victoria College spot, but its downsides include being a 12 minute walk from Innis and not being able to pay with your T-Card Flex Dollars. It's also the site where the lunch lady pointed out that I had crumbs all over my face in front of everyone in line, and I accidentally flung my wallet at an older gentleman when I tried to pay for my meal. He handed it back to me and told me he hoped my day gets better. The food's not bad.

Tortillas Mexican Burritos

This Robarts and Sidney Smith staple is just that: a staple. Nobody knows why they're there and why they get their own section outside the main Robarts Cafeteria area, but who are we to question tradition? My obsession with Chipotle during my years at Innis was what originally led me to try the burrito bowls, but make no mistake, this popular burrito spot is not the same as Chipotle. I love Chipotle. This article is not an advertisement for Chipotle, but we would be willing to accept a sponsorship. Just kidding. Unless. Returning to the point, I do like Tortillas quite a bit. It's lighter and fresher than some of the other options at Robarts (Pasta Pappardelle, I'm looking at you), and nobody is really looking for fine dining when you've been in the reading room for six hours and just need some glucose to keep the neurons firing. The guacamole is not worth it, though. (Unlike at Chipotle.)

Hart House 5-Buck Lunches

A recent discovery of mine is that Hart House offers five dollar lunches on the last Tuesday of every month for U of T students (seven dollars for everyone else). It's no Innis Cafe jerk chicken, but the portions are sizable, the menu changes every time, they always have a small dessert course, and the vegan options are delicious. Let's also not forget that it's only five dollars and they take both cash and debit. The seats fill up quite quickly, so I would recommend heading over as soon as you can once they start serving lunch. The big tables, wholesome food, and affordable price point make the 5-Buck Lunches a great choice for a social lunch with friends without having to leave campus. Of course, they only come around once a month during a time when classes are often held, so seize your chances to come if you can!

Galleria

Special shout out to this Korean grocery store that's not technically on campus but quickly vaulted leaps and bounds over the Bloor Street Metro to become my most frequented grocery store. While I love the udon, kimchi mandu, and yakisoba in the freezer section, the best part of the Galleria is the cooked food aisle. When I first came to U of T, my family decided to make a vacation of the trip and we stayed in a hotel near the Galleria location in Don Mills. I loved the freshly-prepared Korean food at that Galleria. While this location does not cook the food in front of you and mostly outsources their cooked meals, I was still extremely excited when they took over the location of the former Gee's Fine Foods. Almost everything I've tried (which is almost everything they serve) is an A+ option for lunch, but I have to say that my favourite is the hot food bowls they get from Sushi Cafe. You can always distinguish them by their rounded clear plastic containers which stand out among the rows of black-bottom rectangular containers. I'm a huge fan of rice and the Sushi Cafe renditions are some of the grain's best works. They also all come in well under ten dollars so if you like fresh Korean food, keep an eye out for those round boys.

These days I eat almost zero toast and I've gotten over my initial dislike of meal prepping enough that I no longer frequent campus restaurants as much as I used to. When I feel like going out for lunch, Baldwin Village, Chinatown, and Kensington Market are more often my destinations than Victoria, University, or Innis College. But whether for the sake of nostalgia or convenience, I still find myself returning to my favourite eats on campus, especially the Innis Cafe. (I've also moved closer to a Chipotle location. Long live Chipotle.)

An Innis Cafe favourite: a veggie burrito with a side salad.

Enjoy coffee and a dessert at Diabolos' Coffee Bar.

Ned's offers an array of tasty options for students.

James S. Woodsworth: A man to remember, never to glorify

Marloes Streppel

OPINION

COURTESY OF WOODSWORTH COLLEGE

Marloes Streppel sheds light on James Woodsworth's strong support of Canada's residential school system. Streppel argues that renaming Woodsworth College is a necessary step towards legitimate reconciliation with Canada's Indigenous peoples.

Founded in 1827, the University of Toronto is one of the oldest and largest universities in Canada. It is a leading institution of research, knowledge, and influence. In many ways, U of T uses its power and influence to develop and advance the knowledge of its students. As a school that praises itself on its progressive and liberal values, it takes surprisingly little digging to find the ways in which the wrong side of history continues to be preserved throughout the institution. Through the memorialization of prominent historical figures, U of T continues to uphold racist and ignorant ideologies, including legacies of residential schools.

The university holds an undeniable connection to residential schools. Historically, it is an institution that has informally upheld the residential school system across the country. The downtown campus was an active recruitment and training ground for workers in residential schools and Indigenous communities, a history that stretches back to the late 1800s. In an 1886 lecture series at Victoria College, Reverend Charles S. Eby spoke about the missionary problem, calling for upstanding young educated men to join the missionary cause: "Let the best of our young men win their spurs on home missions ... Even our Indian missions should be manned by a selection of strong men ..." Similar pleas were made throughout the following years. Although these ties were informal, the university administrators never discouraged such lectures and recruitment. In many cases, they were encouraged.

In 2020, the University of Toronto no longer shares such ties to the upholding of residential schools. It does, however, honor those who promoted it. From my bedroom window, I can see one of the ways that U of T still upholds these beliefs: Woodsworth College.

Established in 1974, Woodsworth College is one of the first residence buildings that you'll see as you enter through the northern gateway to the campus. Its ideal location and design makes the college an attractive choice for many first years. As their website proudly states, the building gets its name from the historic James Shaver Woodsworth, a minister, pacifist, social activist, and member of parliament who advocated for education for all.

Along with this impressive resume, Woodsworth is also the well-known author of *Strangers Within Our Gates*, a book published by the missionary society in 1909. What is less known, or rather *willfully ignored*, is the hateful, racist speech found within. The book is filled with material that deserves more attention than it is currently receiving, including the classification of people based on their visible racial characteristics and places of origin. The book includes various charts, graphs, and other quantifying methods laying out a hierarchy between races and countries of origin, ranking variables such as physical health, intelligence, morals, criminal record, and the ability to assimilate.

According to Woodsworth's book, "We need more of our own blood to assist us to maintain in Canada our British traditions and to mould the incoming armies of foreigners into loyal British subjects." He also expressed a strong rejection of the English poor, stating that "we sympathise with these poor people, but we are glad that the Canadian Government is taking steps to prevent the 'dumping' of these unfortunates into Canada ... We must express the fear that any large immigration of this class will lead to the degeneration of our Canadian people."

Woodsworth also held strong opinions on immigrants coming from Asia, arguing that, "Perhaps, for some time, a limited number of Orientals may be advantageous. But it does seem that the exclusionists are right in their contention that laborers working and living as Orientals do, will displace European laborers." Woodsworth frequently claimed that immigrants from Asia hold "non-assimilable elements," spouting hateful rhetoric that clings to the idea that Asian immigrants "are clearly detrimental to our highest national development." Although this use of language, as well as the philosophies that support such words, are disgusting, I want to focus this article on Woodsworth relation to the residential school system.

Chapter 16 of Woodsworth's book, titled "The n—— and the Indian" is a short, four-page addition that acts as the only major reference to black and Indigenous people throughout the whole book.

His discussion of black and Indigenous people in a book about immigration seems out of place, but Woodsworth defends his choice by stating that, "They are so entirely different from the ordinary white population that some mention of them is necessary if we would understand the complexity of our problems. We group them merely because both stand out entirely by themselves."

Concerning Indigenous people, Woodsworth promotes Christian campaigning, education, and assimilation as the only hope for these "savages."

"Much missionary work, evangelistic, educational, industrial and medical, has been done among the Indians. Many are devout Christians living exemplary lives, but there are still 10, 202 Indians in our Dominion, as grossly pagan as were their ancestors, or...half civilized, only to be debauched."

In one of his papers, titled "Problems in Indian Education in Canada," Woodsworth advocated for the residential school system, viewing it as a positive contribution to assimilation. "The residential school during these years has been a most effective and efficient instrument in the process of assimilation. The development of the residential school from the white man's standpoint has been rapid and satisfactory. For the most part, its work has been steady and practical, giving the children a wholesome, healthy home ..."

Such language was not uncommon in the age of residential schools. White politicians praised the residential school system as a means of dismissing the truth and undermining the horrors that occurred within the system. Indigenous children were forcibly removed from their homes, forbidden to speak their languages or practice their culture, and experienced severe neglect, sexual and physical abuse, and starvation. It speaks to the character of Woodsworth, as well as to the larger culture of the time, that he described a system of cultural genocide as satisfactory "from the white man's standpoint."

While U of T informally supported residential schools through the campus-based training and recruitment, it is now formally supporting those ideologies through the glorification of a man who actively encouraged their existence. Woodsworth does not have a small plaque by a water fountain or a painting in a lecture hall. He is memorialized by one of the most prominent colleges on the downtown campus.

The renaming of a building and a college is not easy, but similar initiatives are being taken and succeeding elsewhere on campus. At U of T, the Victoria University Students' Administrative Council (VUSAC) has worked hard to rename the Vic One Education stream, which, until 2019, was named after Egerton Ryerson due to his involvement in the creation of the residential school system. According to the *Varsity*, Ryerson created the outline for the residential school system, which resulted in the forced relocation of approximately 150,000 Indigenous children between 1880 and 1996. Woodsworth College must learn from the VUSAC, who rightfully claimed that "the man [Ryerson] has no place being celebrated in this age of truth and reconciliation."

One may argue that Woodsworth was a product of his time, that he was simply a part of a much larger culture that allowed such atrocities. I agree, there is some truth in that. However, we are no longer living in Woodsworth's time and we have no right to promote his views. It is our responsibility to educate ourselves about our past, especially those derived from the misused privilege of people like Woodsworth. By continuing to name Woodsworth College after a man who so adamantly supported the residential school system, we formally uphold his ideologies and beliefs. Men like Woodsworth must be remembered, but never glorified.

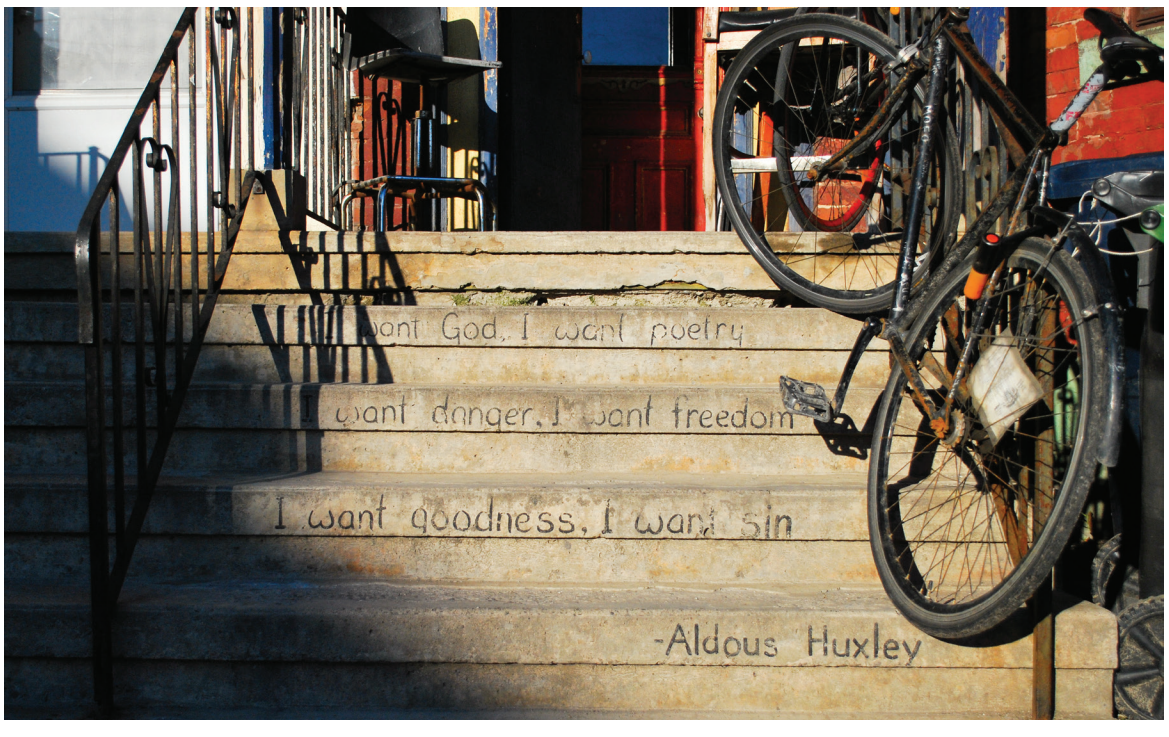
On the Way

Jadine Ngan

PHOTO ESSAY

Ever since moving off campus, I've felt more connected to the city around me. Living on residence, everything I needed was all around me—my Toronto was just a few blocks wide. With school and extracurriculars filling my days, I rarely took the time to explore the streets and neighbourhoods that make this city so dynamic and vibrant.

This year, I've grown to appreciate my surroundings much more just by living a few blocks further away from class. Some days, on my way to and from school, I walk through Chinatown, Kensington Market, or Harbord Village and see the most fascinating things: a Dia de los Muertos parade, complete with costumes, music, and fire dancers; three men dressed in inflatable pig suits headed into Sneaky Dee's; street art and old gas stations; rows of mannequin heads. I don't always bring my camera along with me, but here are some of my favourite things I've captured from the few days I did. While these walks felt like an inconvenience at the beginning of the year, over the months they've grown to become a beautiful way to pause and connect with the city on even my busiest days.



How to be more sustainable as a student

George Kell

STUDENT LIFE

In light of the global climate emergency, how can we (broke) students live in a more sustainable way that's good for the environment and for our wallets? Unfortunately for most students, much of the existing advice is elitist, of questionable value, and definitely not good for our budgets.

We live in a capitalist society (to the chagrin of many students) that forces people in different socioeconomic situations to spend money as wisely as possible. Every decision is influenced by what we can afford, from our living situations, to our modes of transportation, to the things we buy. Although being able to afford a LEED-certified condo, a Tesla vehicle, and organic, locally-sourced food isn't feasible for most students, there are more budget-friendly options available that you can implement in your everyday life. Here are some of my recommendations for environmentally- and budget-friendly options that students can realistically implement in their daily lives.

Where should you live?

Admittedly, this is a tough one. Where one lives determines the range of choices that they can make. Sure, it's expensive to live in a city, but you'll almost never have to worry about driving and the financial and environmental costs associated with it, especially if there's a decent public transportation system.

For example, a recent report stated that when considering factors such as median income, housing costs, and commuting costs, Houston is less affordable than New York City. So, in deciding where you want to live, part of your consideration might be figuring out whether the higher costs of living in a city outweigh the financial and environmental costs of living in the suburbs. For some, living in a city will not only make more sense environmentally, but economically too.

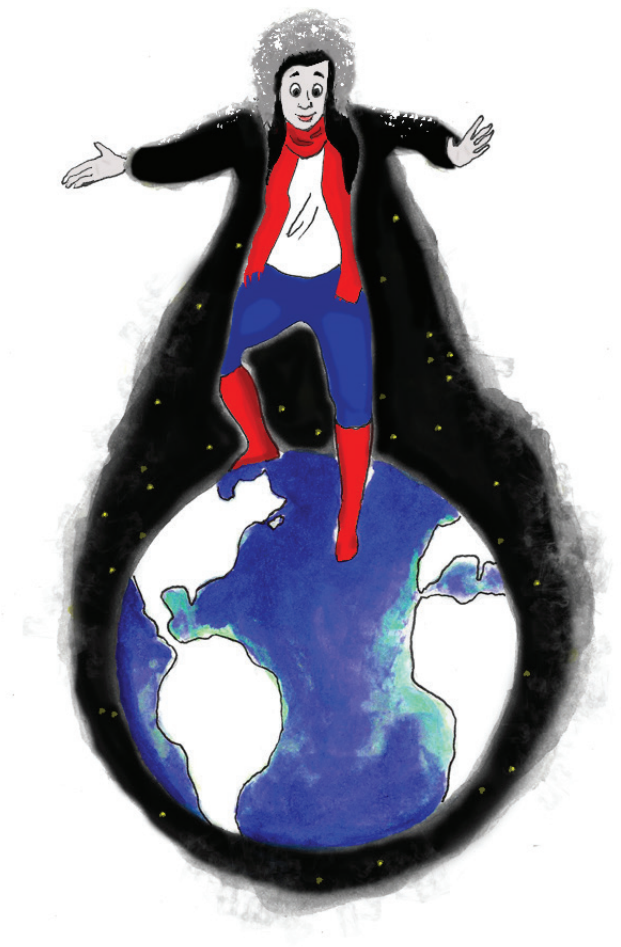
How should you move around?

Some people have no choice but to drive. In my hometown, for example, there is no public transportation available on the weekends and our neighbourhoods are not very walkable or cyclable. When living in a city, it is much easier to walk, bike, or take public transit on a whim, but what if you aren't from a city with those means of transportation available to you?

Even in less-than-ideal circumstances, such as living in the suburbs or small towns, always look for ways to mitigate the impact of your trips. This could include carpooling, reducing the distance travelled within towns, and being aware of instances where you actually can walk from one place to another. Being aware of the walkability of your neighbourhood can help reduce your driving and save money in the long-run. Don't be like the person from my high school who preached about saving the environment then drove 500 metres to and from school.

What should you buy?

If you look for recommendations online, many articles will suggest shopping from entirely local, organic, and/or small businesses. However, these sources may not be feasible options for students. With many environmentally-conscious products financially out of reach, the easiest answer as students is to BUY LESS. Buy what you need and then focus on what you want. It's not as easy as it sounds and it requires some meaningful thought, especially if you're an environmentally-conscious student on a budget.



COURTESY OF ISOBEL HEINTZ

With the climate crisis at the front of our collective consciousness, George Kell outlines ways that students can be sustainable and help their wallets at the same time.

Buying what you need could include anything from your groceries, clothes, excursions, and gifts. In order to live a meaningful life, there are certain aspects of "needs" which are not necessary for survival but are crucial for your own happiness and sanity, so those should be included in your considerations as well.

Groceries

When it comes to groceries, especially fruits and vegetables, it is best to buy in season, where they'll be cheaper and more likely to be locally sourced. Students should also try to be aware of the environmental impact of the foods they buy. Buying certain popular produce can be especially harmful for the environment. Take avocados, which are not necessary for survival but are ridiculously tasty and healthy. Their boom in popularity has accelerated deforestation and depleted the water supply in places like Mexico. Advocates say that if you can't part with certain foods, consider looking for foods which have labels signalling that they are ecologically sustainable and/or fair trade.

Clothes

As for clothes, the same techniques that people suggest for budgeting also apply to reducing waste in an era of "fast fashion." Look into thrift shopping, clothing swaps, or buying less clothes of higher (and hopefully better) quality. After all, it takes 2 700 litres of water to produce a single t-shirt. This is one area where careful purchasing decisions could largely reduce your environmental footprint.

Travel

Vacations are a tricky case. We are lucky enough to live in a country like Canada, but we're burdened with the fact that it is a large and cold place. Unless you're trying to be like Greta Thunberg and sail across the Atlantic Ocean, you'll probably want to fly from one location to the next. Regardless of *how* you travel to any destination, you should follow treehugger.com's advice on "How to make travel more sustainable", where they advocate staying in one spot, travelling at a slower rate, and travelling with reusables.

Gifts

Until the robots take over, we'll be living in a society that relies on human contact and being somewhat social with others. Gift shopping is a great way of showing people you care about them (or, depending on who you are, the laziest way to show people you care about them). If you are part of a culture which values gift giving, this may be a way in which being environmentally-friendly is especially difficult. Some ideas for sustainable gift giving that respect a student's budget are reusable metal water bottles, cork yoga mats, tote bags, or 100% post-consumer-waste notebooks. You could also consider gifting local experiences, like a trip to a Museum or a cooking class, in favour of purchasing physical goods. While it can be difficult, thinking about sustainability in gift giving will at least help you move away from waste-generating gifts.

Reduce, Reuse, Recycle

Growing up, I was always told to "Reduce, Reuse, Recycle." However, it seems that most of the emphasis is on the third, and least important, R—recycling. After all, it's a pretty simple and ingenious way to help the environment: throw it out, but in a different bin.

Reducing and reusing, however, are even greater ways to make do with what you already have, reduce waste, and save money at the same time. Craig and Marc Kielburger, in a Huffington Post op-ed, suggested some ways for people to reduce and reuse more effectively, such as switching to bamboo toothbrushes, reusing plastic shopping bags, and cleaning the house with baking soda and vinegar.

These are valuable and creative ways to be more sustainable, but I would conclude by saying that, as a student, you should do what works best for your budget. Do your research, be aware of the impact you have on the environment, and mitigate it as best you can.

However, if you feel like reducing your own personal footprint isn't enough, learn how to force big emitters to reduce theirs, too. Avoid shopping online, refuse to buy from any company that isn't eco-friendly, start a network of like-minded people, and do what is in your power to hold them responsible.

COURTESY OF FREEPIK

Learning kindness (to myself) in steps

Sabine Osmann-Deyman

STUDENT LIFE

COURTESY OF SABINE OSMANN-DEYMAN

While many of us have no problem showing kindness to our friends, we have a hard time doing the same for ourselves. Sabine Osmann-Deyman shares some steps she's taking to try to be kinder to herself this year.

1. Recognizing my lack of kindness

If you know me, you know why this is an article I would choose to write for myself. I have a lot of difficulty with kindness—not to others, but to myself. I struggle with an ill brain, one that emphasizes the negative more than the positive whenever possible. Lately, I've been recognizing how I've been treating myself when I'm low.

I berate myself. I feel bad, and then I get angry for feeling bad. *How dare you*, I tell myself—*was all the work you put in for nothing*? Then, I get even angrier for being angry; I've done so much to try and heal and I know healing is not linear nor does it mean I'll never feel low. Why can't I let myself acknowledge how I feel and heal properly?

Anyways—this isn't very nice to go through. If I'm trying to heal, it's something I definitely should work on. Let's get started.

2. Setting goals

To learn to be kinder to myself, I need to picture what a kinder Sabine would actually look like. How would she treat herself? How would she react to things?

This is something I've learned to do in private therapy as well as group Cognitive Behavioural Therapy, but I haven't really put it in practice until now. I've realized that it's not enough to just think about who you want to be. You have to define the qualities of your goal state. After all, it's easy to forget that image and forget to take the steps you need to to grow. Then, that image becomes unattainable and you never actually reach it.

So, a kinder me...

Here's the thing. While planning this article I realized that I don't really have an accurate perception of how I treat myself, as I make excuses for all of my behaviour. In my head, treating myself the way I do is justified and it's taken a long time to come to the point where I can recognize that and work beyond it.

So, instead of struggling to come up with a kinder self on my own, I asked my friends for goals they think I should set for myself based on what they've noticed. Here's generally what they came up with:

1. Speak up for herself when she needs to (i.e. when her feelings are hurt or she doesn't want to do something)
2. Not guilt herself into doing things she doesn't want to do
3. Accept her feelings, whether or not she en joys or agrees with them
4. Treat herself with the same worry and care she offers to others
5. Listen to herself more attentively and trust herself
6. Even out her high expectations of herself with her low expectations of others

3. Smart steps!

It's not enough to just have the goals—at this point, they're easier said than done. Goals like this are too big to do in one go. In reality, these goals are the final step of many smaller goals. They're the end of a longer journey. So, we need to take our goals and break them down into smaller steps. Most of these will be related to each other. There are steps that I can take for multiple goals, since a lot of them involve listening to myself and trusting myself.

I made some mind maps to help visualize the steps. They aren't perfect, but they're progress.

4. Assessing my progress

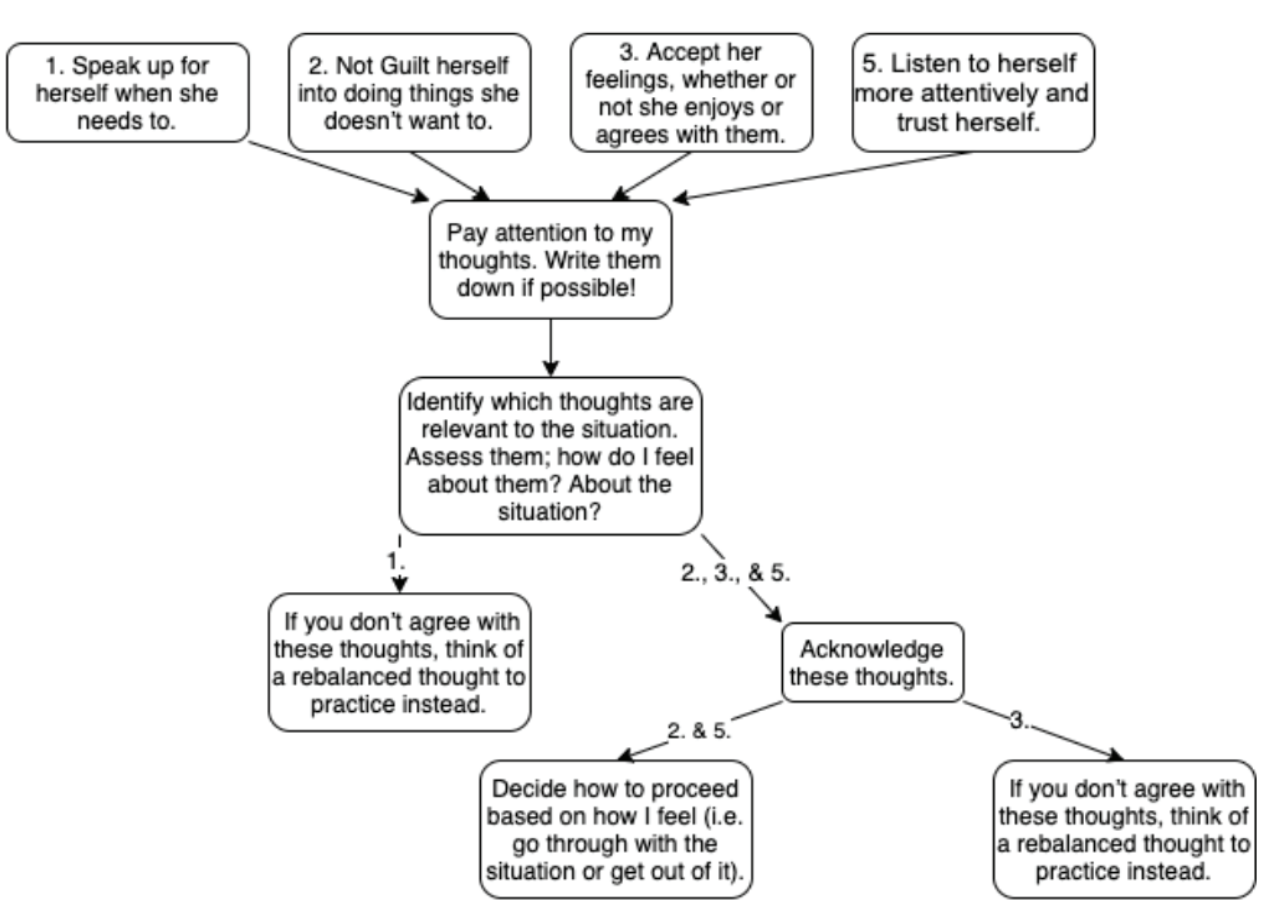
I don't think I'll ever be done healing, but I know there will be times when I'm better. I've realized, lately, that these times are the moments when I need to work the hardest. I need to take advantage of the energy I have and the better mood to keep myself from falling back under. If I do fall again (no one is *always* happy), the work I've done will make it easier to crawl back out.

I know the steps and all seem kind of weird, but these are not necessarily for you to follow. If you have similar aspirations to me and think these will more or less work for you, that's great! If not, don't worry about it.

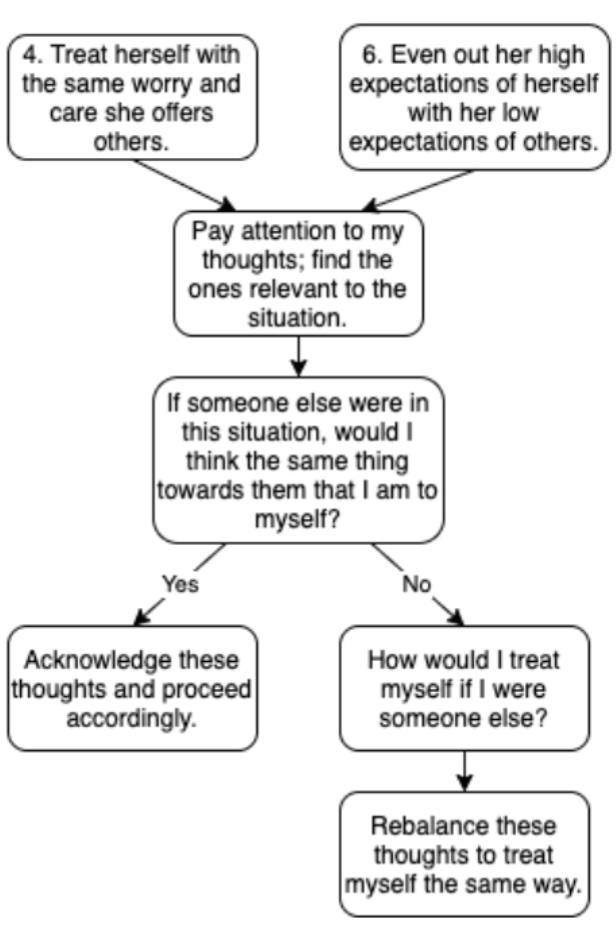
While maybe I'm not much kinder to myself yet, I do have a better idea of where to start being kinder to myself and what I have to work on. I also have begun to realize where my head goes wrong in being kind to myself, i.e. making excuses for my poor self-treatment. By starting this process, I'm already a little bit better.

If you're looking for support to help you develop kinder habits for yourself, here are some places to get started outside of U of T's Health and Wellness department:

- Stella's Place offers free drop-in mental health appointments
  Website: www.stellasplace.ca
  Location: Spadina Ave. and Richmond St.
- Skylark offers a "What's up" walk in therapy clinic
  Website: www.skylarkyouth.org
  Location: Church St. and Wellesley St.
- Good2Talk offers 24/7 free, confidential, professional counselling for post-secondary students in Ontario
  Phone number: 1-866-925-5454


1. Speak up for herself when she needs to.
2. Not Guilt herself into doing things she doesn't want to.
3. Accept her feelings, whether or not she enjoys or agrees with them.
5. Listen to herself more attentively and trust herself.
Pay attention to my thoughts. Write them down if possible!
Identify which thoughts are relevant to the situation. Assess them; how do I feel about them? About the situation?
1.
If you don't agree with these thoughts, think of a rebalanced thought to practice instead.
2., 3., & 5.
Acknowledge these thoughts.
2. & 5.
Decide how to proceed based on how I feel (i.e. go through with the situation or get out of it).
3.
If you don't agree with these thoughts, think of a rebalanced thought to practice instead.

For goals 1, 2, 3, and 5.


4. Treat herself with the same worry and care she offers others.
6. Even out her high expectations of herself with her low expectations of others.
Pay attention to my thoughts; find the ones relevant to the situation.
If someone else were in this situation, would I think the same thing towards them that I am to myself?
Yes
Acknowledge these thoughts and proceed accordingly.
No
How would I treat myself if I were someone else?
Rebalance these thoughts to treat myself the same way.

For goals 4 and 6.

Valentine's dinner for two or just you?

Al-Amin Ahamed

RECIPES

Being single is a BRAND! In my case a name brand and quite frankly, we don't really need a significant other while we got food, right? YES, that would be correct. Considering Valentine's Day, I've prepared a meal that you can not only make to win over your loved ones but also to treat yo'self if you so happen to prefer your own company over others. Herb crusted salmon with three easy sides are sure to win over hearts or break them if you so please, I ain't judging.

To my folks who don't eat seafood, ya boi FEELS you! Fish can be intimidating to try BUT I promise you that a recipe like this is sure to please. An easy way to determine if fish is good is to just smell it. If it has a weird fishy smell it has probably been out for too long and you don't want to eat that. Salmon that is firm to the touch, doesn't have any smell and is a bright pink colour is the right piece for you.

Now on a day like Valentine's you don't want anything too heavy, especially considering all the chocolate we gonna be consuming cuz we depressed that we single, so fish is a light and tasty alternative to chicken and beef.

For my folks with an allergy, kk fine I give y'all a pass, you can try a small chicken breast. In this case, you would just need to bake it in the oven longer.

INGREDIENTS

- 2 salmon fillets
- 1/3 cup breadcrumbs
- 1 tbsp olive oil
- 1 tsp capers, chopped
- 1 clove garlic, chopped
- 1 tbsp Dijon mustard
- 1 tbsp of lemon zest
- Salt and pepper to taste
- 1 tbsp chopped parsley
- 1 tbsp chopped basil
- 2 tbsp butter
- Lemon juice

DIRECTIONS

1. You want to start off by drying your salmon fillets. This will ensure that your crust has a nice surface to stick on. Salt and pepper all sides of the salmon fillets and place them on a greased or parchment paper-lined tray. Preheat your oven to 350 degrees celsius. In the meantime you can prepare the herb crust.
2. In a small bowl, combine the bread crumbs, olive oil, capers, garlic, lemon zest, parsley and basil. Make sure it is combined and add salt and pepper to taste.
3. Now, moving back to the salmon fillets, spread half a tablespoon of dijon mustard on the top of each fillet. Then, using a spoon, sprinkle the bread crumb mixture on top and pat down using your hand or the back of the spoon.
4. Bake the fillet in the oven for 15-20 minutes. Halfway through, dollop small pieces of butter on top of the fish. Once it's done cooking, squeeze a little bit of lemon juice on top. Serve immediately.

AND VOILA, you are done! Did that seem hard? Of course not! My meals are simple and delicious. But wait, we can't stop there. We love being extra so we must serve the fish with a variety of sides to satisfy our audience.

SIDES:

1. For a simple mashed potato side, boil 2 peeled and cut potatoes in boiling water. Once tender, drain the water and pour in 1/4 cup of milk and 3 tablespoons of butter. Generously add salt and a dash of pepper for a quick and satisfying starch.

COURTESY OF AL-AMIN AHAMED

Whether you're spending Valentine's Day with your SO, best friends, or by yourself, Al has a decadent salmon recipe that will rival the expensive three-course dinners being offered around town.

2. For some delicious roasted veggies, wash and cut string beans, carrots. Season with salt, pepper, a dash of paprika and a squeeze of lemon juice. Drizzle on some olive oil and bake in a 350 degree oven for ten minutes or just until tender. You can also roast tomatoes right on the vine!

Now for a simple lemon butter sauce:

1. Melt 2 tablespoons of butter in a pan
2. Add in 1 tablespoon of flour and cook until the paste is a nutty brown colour
3. Add in chicken or veggie stock until the sauce thickens to your preferred consistency.
4. Add in chopped capers, a little squeeze of lemon and some salt and pepper to taste!

And with that you have a Valentine's Day meal fit for a queen, or a king.

Let it Pour

Cynthia Zheng

POETRY

"Let the rain wash away
all the pain of yesterday."
-Skylar Grey, Coming Home, Pt. II

I think I understand
why people write songs about the rain
so much
for these songs carry stories in every
raindrop, raindrop, raindrop.

Perhaps it is the way raindrops let
themselves dance
to the rhythm of the clouds
so delicate, I wanna dance
too.

Perhaps it is the way raindrops let
themselves sing
to each other's sweet echoes
so elegant, I wanna sing
too.

Perhaps it is the way raindrops let
themselves just be
no expectations,
no control,
no fear.
Just be
who they are meant to be,
as they showcase their beauty.

I think I adore
how the rain pours down to touch the
ground
very much
for it screams its name in every
raindrop, raindrop, raindrop.
I think I adore
how the rain splatters across the surface to touch the windows
very much
for it screams its name in every
raindrop, raindrop, raindrop.

The rain and I
are friends.
When I smile,
the rain smiles back
through every
raindrop, raindrop, raindrop...

The rain understands
what it means
to wash away
the worries, the doubts, the troubles
of the past.
The rain washes them way
through every
raindrop, raindrop, raindrop...

So when
I put up my umbrella
and step outside,
I reach out with one of my hands
to feel the rain
rushing through the lines of my veins.
Through every
raindrop, raindrop, raindrop,
the rain washes away the worries, the
doubts, the troubles
at-hand.

Slowly
but
surely.

Let it be,
let it go,
let it pour.

COURTESY OF CYNTHIA ZHENG

Cupcakes and Crushes

COURTESY OF ANYA CARTER

Rochelle Raveendran

ARTS & CULTURE

Fifteen days before Valentine's Day, I decided to make cupcakes. Love and cupcakes have coincided twice in my life. The first was in Grade Nine when my religion teacher earnestly told my class that as she chose to remain abstinent until marriage, she spent her college years baking her then-boyfriend cupcakes as a "virtuous" way to express her love. The second took place a year prior: I accepted an Instagram follow request from a boy I was almost in love with, who proceeded to like two out of my three posts. The lone offending photo? Two cupcakes, one strawberry and one mint-chocolate, side-by-side with the contrast turned all the way up and a hint of the Valencia filter. I deleted the post.

I am the only person I know who enjoys the products of my baking. Over the past six years, I have attempted to regain my family's trust after the infamous Oreo cupcakes incident of 2014; they had the colour, consistency, and taste of a freshly formed volcanic rock. I would not say I have improved. Today, eating one of my baked goods is like playing a game of Russian Roulette in which my family are unwilling participants and there is a bullet in every gun.

The first annoying aspect of baking is that most of the recipes online provide measurements in cups. Having grown up in England, I am much more comfortable using grams. Every attempt to measure ingredients, therefore, begins with me frantically trying to recall how to divide fractions and ends with me pouring a grossly disproportionate amount of flour into a churned butter-sugar mix. Though I didn't bake much in England, one cupcake-free Valentine's Day stands out to me. My sister and I took the bus to school together every day. One of the regular passengers soon captured our attention; he was a cute boy who looked like a Labrador puppy and carried a rugby bag with the emblem of our neighbouring school. A few Facebook searches later and we found his profile. When February rolled around, our school offered a Valentine's Day program where we could send roses to students that attended the neighbouring school. Of course, this was intended to be a cute service for couples, not a tool with which a pair of bored siblings could confuse and perhaps terrify an unknowing pupil. We sent him a rose using my full name. The idea was that he would search up the name on Facebook and, as I did not have a profile, he would find my sister's profile instead, connect the dots, and possibly propose marriage. The day after the roses were sent out, we saw him on the bus and noticed with nervous excitement that he was constantly flipping his hair parting, which we took to be a sure sign that he had, in fact, connected the dots. The next week, we moved to Canada and never saw him again. I can only hope that absence makes the heart grow fonder and that when I go back to England, I do not have an eight-year-old restraining order waiting for me – though I would much prefer that then facing the reality that there is no possibility at all that he managed to connect the dots.

The trickiest part of making cupcakes for me is cracking the eggs. I use the same knife to crack them that I use to cut the butter, causing them to become as slippery as if they had just popped out of a chicken. Cadbury Crème Eggs are much easier to work with; my only bake that is consistently mediocre are the Crème Egg brownies I make every Easter. The Easter holiday holds just as much romantic sentiment for me as Valentine's Day. When I was nine years old, my sister, my school friend, and I attended a week-long church camp during Lent. We mostly rotated between various egg-related stations: painting patterns on hard-boiled eggs, sticking felt ears on an egg to make it look like a bunny, throwing rotten eggs at the biggest sinner, etc. On the last day, my friend's cousin came up to me to let me know my friend was absent as she had fallen sick. He had skinny wrists and my sister said he looked like a potato. I fell in love with him immediately. During Good Friday Mass that same year, at the exact moment the priest read that Jesus "took his last breath" – after which everyone must kneel and bow their heads in solemn reflection – a Nokia ringtone rang out. I joined everyone in turning their heads to give the synchronized look of shame perfected by Catholic congregations, only to see that it was His phone! (Capitalization is used here to indicate that it was my crush's phone, not the phone of God.) He frantically attempted to shut it off and I almost fainted. If you ever believed Valentine's Day to be the most romantic day of the year, now you know better.

I do not know why I insist on baking when I utterly detest the process, as if I am trying to prove a point to an evil high school home economics teacher who brandished their rolling pin at me in front of the whole class and declared: "You? You will never be a baker." When I reach the point where the recipe calls for a "dash" of vanilla essence, I pour almost half the bottle out of pure spite. I also add yellow food colouring and realize it immediately to be a terrible decision; as the batter has the consistency of stringy wallpaper glue, the putrid yellow colour makes it resemble something one might find in a used tissue. Baking is a massive pain. Love is also pain – more specifically, the pain of slipping on freezing rain and slamming your head on the sidewalk. This happened to me as my Grade Six class was walking home from a community theatre performance of Annie. When I slipped a second time, the boy walking next to me grabbed my arm and said, "Are you alright?" How many among us can say they literally fell in love? Six years later, his promposal to a Grade Nine went viral and I think he won a Swiss Chalet gift card because of it. Such is life.

After twenty minutes, I take the cupcakes out of the oven. They look like decaying pineapples and retain the pasty texture that I had hoped the oven heat would even out – a thought that is a clear repercussion of my decision to drop high school chemistry. If I were more spiritual, I would take the fact that my Valentine's Day bake has failed so spectacularly to mean 2020 does not bring great things for my love life. If I were more logical, I would realize that due to my lack of patience and culinary ability, nothing I bake can ever be interpreted as a good omen as it is doomed to fail. Above all, if I were more intelligent, I would not have taken a bite. It was disgusting.

Impermanence

Ameera Essabar

POETRY

Like the seasons that come and go
Life itself is not permanent
It comes in cycles, then carries on
It doesn't care about how much you're hurting

Summer, Fall, Winter and Spring
Will come again, and leave again
Your mother, your father, your siblings to
Will one day leave, and so will you

Nothing material in this world will last
We are born with nothing,
And we leave with nothing
Your morals, your soul, your compassion,
And your past
Are what people will remember

Sunsets and Sunrises
Will paint stories across the sky.
Day and Night
Will flip the switch again and again.
The Sun and Moon
Will change places, repeating this
Sequence over and over, until it is over.

Like the seasons that come and go,
Nothing is permanent.

COURTESY OF READER AT LARGE

The biggest Oscar snubs

Because *Joker* was a good movie, but not 11-nominations good

Sarah Laudenbach

ARTS & CULTURE

With the 92nd Academy Awards now over, here's a look back at the films that should have been up for various Oscars this year.

Best Picture: *Booksmart* (dir. Olivia Wilde)
How *Booksmart* wasn't nominated for a single Academy Award will baffle and haunt me until the day I die. Olivia's Wilde's film is wickedly smart, laugh-out-loud funny, and deeply emotional all at once. It's a painfully realistic story of two best friends in high school dealing with, y'know, all of that good ol' high school stuff: post-secondary plans, dating, sexuality-questioning, studying, and trying to stay close with the people you care about through it all. It's a film that's a little too relatable for all of us in one way or another, and is one of the only films that I would rate 5/5 stars without hesitation. (Billie Lourd should've also been nominated for Best Actress with this one, but the Academy isn't ready to experience the full power of Gigi).

Best Picture: *Us* (dir. Jordan Peele)
Best Actress: Lupita Nyong'o (*Us*)
To say that people were shocked when *Us* didn't receive any Oscar nominations this year would be a massive understatement. With Jordan Peele's immense success from *Get Out* in 2018, it seemed that *Us*—which featured the incredible acting of Lupita Nyong'o playing two separate characters—was a shoo-in for Best Picture and Best Actress. And yet, nothing. *Us* is thrilling, terrifying, and has a brilliant commentary, just as *Get Out* did, but isn't receiving the same kind of attention. Worse, Nyong'o's exceptional acting isn't getting the accolades that it deserves.

Best Director: Greta Gerwig (*Little Women*)
I'm certainly not the first to point this snub out, and I definitely won't be the last. With *Little Women* having been nominated for Best Picture, Best Actress, Best Supporting Actress, Best Adapted Screenplay, Best Original Score, and Best Costume Design, it makes no sense that Greta Gerwig wasn't nominated for Best Director. But, when looking at the other nominees for Best Director (all-male nominees, of course), it becomes unfortunately clear why Gerwig missed out on her well-deserved nomination. Sexism and racism has always been apparent in the Academy Awards and it seems that for every one step forward, there are two steps backward.

Best Documentary: *Tell Me Who I Am* (dir. Ed Perkins)
As a lover of investigative, dark documentaries, I was immediately grabbed by *Tell Me Who I Am*'s Netflix synopsis: "Alex trusts his twin, Marcus, to tell him about his past after he loses his memory. But Marcus is hiding a dark family secret." I didn't know what to expect of this documentary and it was good all the way through, but the last ten minutes absolutely brought me to tears and became one of the most emotionally impactful documentaries I've ever seen. I think it might've been a lack of promotion that kept this one from the Oscar noms, as I hadn't even heard of it until I was doing some late-night Netflix pursuing. *Tell Me Who I Am* is documentary at its most basic, with little more than two interviews, some photographs, and a few recreated scenes. And yet, from just this, the story is still so intensely powerful and well-told. While I highly recommend this documentary, there are some serious trigger warnings for sexual violence, rape, and sexual assualt.

Best Picture: *Midsommar* (dir. Ari Aster)
Another creation from the A24 team, *Midsommar* is a favourite of anyone who is an A24 disciple (i.e. if the stylings of *Lady Bird, The Lighthouse, The VVitch,* and *The Lobster* were to your taste). Through this self-described folk horror film, Ari Aster manages to capture the beauty in horror and the horror in beauty. With elements of gore and terror sewn into a visually bright, gorgeous scenes, *Midsommar* combines Swedish paganism, cult-worship, and European-vacationing into a sickening, twisted, fantastical film, completely unlike anything else. While this is not the typical sort of film recognized by the Academy Awards, *The Lighthouse*'s singular nomination for Best Cinematography shows how indie horror is crawling its way into the mainstream.

Best Picture: *Portrait of a Lady on Fire (Portrait de la jeune fille en feu)* (dir. Céline Sciamma)
Best International Feature Film: *Portrait of a Lady on Fire (Portrait de la jeune fille en feu)* (dir. Céline Sciamma)
An exceptionally high-rated film (97% on Rotten Tomatoes, for those who care about Rotten Tomatoes' scoring), it came as a shock to many that France submitted their version of *Les Misérables* over *Portrait of a Lady on Fire* to be considered for Best International Feature Film. A historical drama, which tells the story of two women, a painter and an aristocrat, who have a forbidden affair. A beautiful, truly breathtaking film, it has left a deep emotional impact on everyone who has seen it. Like *Parasite, Portrait of a Lady on Fire* deserved to have not only been nominated for Best International Feature Film, but Best Picture as well. It is the mark of a truly exceptional film that it can affect its audience deeply, shake them to the core, and leave them a different person walking out of the theater than when they walked in.

Best Documentary: *Bikram: Yogi, Guru, Predator* (dir. Eva Orner)
Sometimes, a good documentary is not marked by the actual quality of the filmmaking itself, but by the social effect that it has. *Bikram: Yogi, Guru, Predator* doesn't have a billion-dollar-budget and it isn't the *Citizen Kane* of documentary filmmaking, but the outrage it inspired in its viewers was comparable to the effects of *Black Fish* and *The Cove*. This documentary tells the story of Bikram Choudhury, one of the most famous yoga gurus in the world, and how the once (and still) revered spiritual visionary became loathed and despised for sexually abusing those who trusted him most. What's most fascinating about this documentary is the duality in responses, both within the film and from audience members: people either violently hate Choudhury or believe that he is something akin to a saint. This film is disturbing, rage-inducing, and asks viewers what they value more: the principles of what someone teaches, or the principles of the teacher themselves.

Best Picture: *Knives Out* (dir. Rian Johnson)
Must a film be technically exceptional and dramatically well-written? Is it not enough for a movie to be fun, unpredictable, and have Daniel Craig talking about donuts in a terrible Southern accent for three straight minutes? While *Knives Out* is certainly not the type of 'Best Picture' film that the Academy Awards go for, I argue that there is more to film than being well-made: the best movies are ones that can keep the audience engaged and entertained from start to finish, and *Knives Out* undoubtedly does exactly that. That being said, *Knives Out* is also a gorgeous film to watch. The shot compositions and cinematography are absolutely stunning. Oh, and *Knives Out* has an opening overture. Like, an overture in the opera or in musicals. If that's not the marker of an incredible film, I don't know what is.

A mask of depth

How *Joker* undeservingly became a 2020 awards season and audience favourite

COURTESY OF WARNER BROS

Cleo Sood

ARTS & CULTURE

Since its release in October 2019, Todd Phillips's *Joker* has been dominating the 2020 film awards season. With 11 nominations at the 92nd Academy Awards, including Best Picture, *Joker* is leading this year's race for most Oscar nominations.

Becoming an awards season favourite is a particularly impressive feat for a superhero film, as previous films in this genre have historically been snubbed in favour of challenging dramas, due to the perception of superhero films as unartistic child's play. Success in *Joker*'s case is also a surprise given that it's garnered primarily underwhelming reviews by film critics. In spite of poor critical reception, *Joker* is a prosperous dark horse that's managed to appeal to audiences as well as film industry insiders... all while not being a very good film. *Joker* is neither visually nor ideologically interesting.

The story takes place during the 1970s, with flashback scenes from the 1940s. The movie would be better suited for the medium of film but since it is shot digitally the cinematography has a television-like quality. With its meagre, modern calibre in a historical setting paired with the cool hues of Gotham city's atmosphere, *Joker*'s cinematography is comparable to an episode of the CW's *Riverdale*.

A paramount rule of effective storytelling is the idiom, "show, don't tell," a technique that *Joker* fails to respect. The entire story is told through tedious, literal dialogue. Instead of presenting how Arthur Fleck (the Joker) copes with his mental illness visually, the film blatantly explains to the audience that Arthur is struggling mentally with lines like: "Arthur, you're on seven different medications." It would have been more compelling for the story to depict this same information cinematically, for example by showing Arthur ingest seven distinct pills that don't seem to help him as part of his tiresome routine.

It's a perfectly valid artistic decision for a film to be dialogue-heavy, but this isn't necessarily the case with *Joker*, as the speech component is used sparingly, only to articulate the fundamental themes of the movie and basic behaviours of the characters. It would've been more effective had the film depicted these ideas visually and through compelling dialogue that develops characters into believable people, rather than just leaving them as caricatures and props.

The audience fails to receive insight into how Arthur feels throughout the film. Arthur deals with a complicated family life, romantic connection, and negative workplace environment while being treated for mental illness; yet there's no humane, verbal response to any of these ordeals. Thus, the sudden eloquence Arthur exhibits in a pivotal climactic scene with actor Robert De Niro's character falls short of dynamic—it feels unnatural for this character to suddenly be completely self-aware of his motivations. Had there been more of this raw, ongoing conversation within Arthur's psyche and with other characters, the film would have greatly benefited narratively.

Todd Phillips has been unbashful about how Martin Scorcese's works *Taxi Driver* and *King of Comedy* have heavy-handedly influenced *Joker*. Considering that Scorcese's *Irishman* is competing for the same awards as *Joker*, and is currently being overtaken, we must ask: what is *Joker*'s unique quality that's managed to capture the attention of Hollywood and swarms of audiences?

Movies of the comic book genre have immense fan loyalty, and love of their lore consistently attracts a myriad of viewers. Yet, to attribute *Joker*'s accomplishments as just a symptom of being a comic book movie is a mistake that fails to recognize how this film has captured the zeitgeist.

The collective triumph of Todd Phillips and his *Joker* is rooted in the way it accurately mirrors the social consciousness of contemporary society and the film industry.

Prior to its release, *Joker* had already plagued the cultural landscape as incel hysteria linked to the film sparked both panic and intrigue. Moviegoers prepared for copycat Jokers to emerge off screen and were eager to watch a timeless supervillain descent into madness. Seeing as it's no longer a taboo to indulge in gritty true crime stories and the average person tuned into popular culture can now recall more than a handful of serial killers by name, *Joker* is the perfect passively ideological film for an audience that craves direct provocativeness over a developed narrative.

In a society where mental health is valued, therapy is discussed openly, and vast numbers of the population take medication for mental illness, *Joker* understands that its target audience is more aware than ever before of the toll mental illness can take. This film intertwines archaic treatment of the mentally ill, which was normative during the 1970s, with a sympathetic understanding of mental illness that is normative for 2020 to create a false illusion of depth.

By combining the social culture of two distinct time periods, *Joker* fails to portray a genuine experience of living with mental illness in either era. If *Joker* had truthfully utilized its antiquated setting, Arthur wouldn't have received any mental health aid, and his illness would exist as hidden trauma for him that only the modern audience can recognize.

The government and general population of this bygone period, a tumultuous time of the Vietnam War and civil rights protest, wouldn't have the same awareness of mental illness as we do today. Alternatively, if the events in *Joker* occurred today, Arthur would receive semi-adequate help via a social program and his cruel coworkers wouldn't be as openly prejudiced without consequence.

Joker prevails because it's easier to follow a one-dimensional victim narrative than it is to see the world as it truly is. *Joker* appeases its viewer by offering an apparent exploration of mental illness conveniently wrapped in a façade of depth but without real nuance, allowing the viewer to feel a proud sense of pensiveness without actually having said anything meaningful.

Hollywood's embrace of a comic book genre film on this level is unprecedented and ultimately telling of how insiders are coping with adjusting to the post-Weinstein era in the industry. The downfall of Miramax's Harvey Weinstein, once dubbed a "God" by Meryl Streep, undeniably means that Hollywood elites are struggling to grasp control of an industry in transition.

Audiences and A-listers alike claim to push for diversity in cinema, but the achievements of *Joker*, a film about a disenfranchised white man in which minority characters exist only as accessories, represent a return to the kind of film that is reminiscent of a more traditional Hollywood blockbuster.

In the pursuit of keeping their upper hand, it's necessary for members of the Academy to do the unheard of and uphold a comic book blockbuster as one of the best movies of the year. Todd Phillips' love of a classic Hollywood narrative makes him a candidate that insiders recognize as a safe financial and artistic bet.

As Lulu Wang's *The Farewell* is snubbed, Greta Gerwig is largely ignored for the second year in a row, and Jennifer Kent remains in the shadows, a group of wealthy industry gatekeepers breathe a sigh of relief at the sight of *Joker*'s success. They are familiar with the type of films Phillips is seeking to emulate, they are content that the masses have responded positively, and they welcome him with open arms.

Three great shows featuring strong LGBTQIA+ representation right now

Shankhalika Srikanth
ARTS & CULTURE

Good Omens

Good Omens, based on the book of the same name written by Terry Pratchett and Neil Gaiman, is a comedy mini-series about an angel and a demon who work together to try to prevent Armageddon. After the Fall, the angel Aziraphale (played by Michael Sheen) and the demon Crowley (David Tennant) are tasked to recruit human souls for their respective bosses in heaven and hell. However, it soon becomes clear that neither supernatural being is particularly good at or remotely interested in their jobs. Over the millennia, the angel and demon develop a love for humanity. The announcement that Armageddon is approaching presents a disruption to a comfortable life on Earth that neither of them is prepared to leave and they do their best to make sure it never has to come to that.

The show is frequently described by fans and its creators as a love story. The heart of *Good Omens* doesn't lie in its plot but instead within the friendship portrayed between Aziraphale and Crowley. Though labels are never put on their relationship, the script doesn't fail to make it clear that there is a strong bond of love and friendship between them. In other shows, this lack of labels has often fallen into the pitfall of "queerbaiting", but in *Good Omens* this ambiguity allows the showrunners to provide visibility to under-represented queer and trans identities. Angels and demons in the *Good Omens* universe are sexless, genderless beings and Crowley is seen as changing between female-presenting and male-presenting through the years. Various other characters are also shown to be non-binary or otherwise unconforming to cis gender identities. By not explicitly labelling the gender identities and sexual orientation of the main characters, the show allows viewers who fall on the aromantic or asexual spectrums, or who have different gender identities, to see themselves represented on the small screen.

Dickinson

Dickinson is a comedy depicting a fictionalized account of the adolescence of 19th century American poet Emily Dickinson (played by Hailee Steinfeld). The series follows Emily's fight against the restricting gender norms of her time and community as she aspires to be the world's greatest poet. The show also chronicles Emily's relationship with Susan Gilbert, her best friend and eventual sister-in-law. It has been suggested that Dickinson and Gilbert were in a romantic relationship and indeed, many of Dickinson's poems were addressed to "Sue." As with *Good Omens, Dickinson* opts not to label Emily's sexuality, but it does not shy away from portraying an intimate relationship between Emily and Sue. While historical narratives often have a tendency to straight-wash queer personalities, *Dickinson* offers a different perspective on the poet's life.

Call My Agent!

Call My Agent!, or *Dix Pour Cent* (Ten Percent) in the original French, is a show about a top Paris talent agency. Created by former talent managers Dominique Besnehard and Fanny Herrero, the series revolves around the four agents working at talent agency ASK. The agents' clients, all prominent French actors in real life, guest star playing parodies of themselves. The show features a few queer characters, but the most prominent is the talent agent Andréa Martel, portrayed by Camille Cottin. Andréa's sexuality is not a secret to her co-workers and is an established aspect of her character from the first episode. Refreshingly, the fact that Andréa is lesbian is treated neither as an obstacle for the character to overcome, nor as a shining example of diversity that deserves special attention. Her personal and professional struggles are given the same consideration as her straight counterparts. The relationship drama affecting each of the characters (and there's a lot of it) is based on ordinary relationship tropes, never her sexuality. The show offers representation that steers focus away from the bigotry and conflict that LGBTQIA+ characters often face in mainstream media. While this reality is important to highlight, it is just as vital to have characters such as Andréa that serve no overt educational purpose in order to normalize queer and trans identities.

COURTESY OF BBC TWO

COURTESY OF APPLE TV

COURTESY OF NETFLIX

Meghan Gheron

PLAYLIST

Winter persists in Toronto, in spite of our (always futile) prayers for an uncharacteristically early spring. While we wait for the thaw, here are some chill, moody music picks to get you through studying, commuting, or relaxing—whatever you find yourself doing during these snowy months.

Scan the QR code to listen on Spotify!

#1
"Red Ribbon Foxes"
A Fine Frenzy

The holidays might be over, but they don't have to be gone from our hearts. Alison Sudol of A Fine Frenzy embodies holiday nostalgia in "Red Ribbon Foxes", one of the greatest holiday songs (and one of the most unrecognized.)

#2
"Wasteland, Baby!"
Hozier

Toronto might not *exactly* be the wasteland Hozier's talking about in this iconic track off his second album, but in the winter, I think it comes close enough. This eerie acoustic track is perfect for walks along snowy city streets.

#3
"Keep Breathing"
Ingrid Michaelson

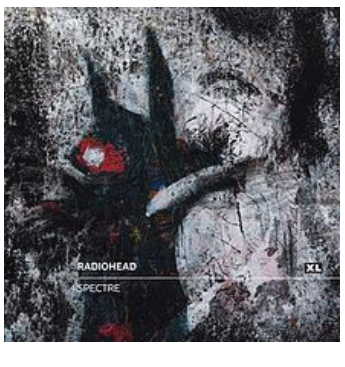
This is the ultimate winter study and/or decompression song, suitable for rain, snow, or shine. Things can get heavy this time of year; luckily, we have Ingrid Michaelson to remind us to just breathe and do what we can.

#4
"Travelling Alone"
Jason Isbell

Another sad one, "Travelling Alone" is perfect for those long winter commutes. Jason Isbell is one of the greatest active country singer-songwriters, and he's so versatile he makes it onto almost all of my playlists, no matter the theme.

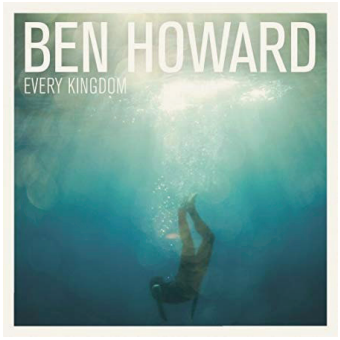
#5
"Northern Wind"
City and Colour

If only our actual northern winds were half as pleasant as this song. Either way, City and Colour is the king of relaxing guitar tracks, and this one reminds me that spring is coming, no matter how long it takes.



#6
"Spectre"
Radiohead

Pretty much every Radiohead song is bleak enough to put in a winter playlist, but "Spectre" gets a special mention for mixing that wintry melancholy with spy thriller goodness. The 007 song that never was!



#7
"Promise"
Ben Howard

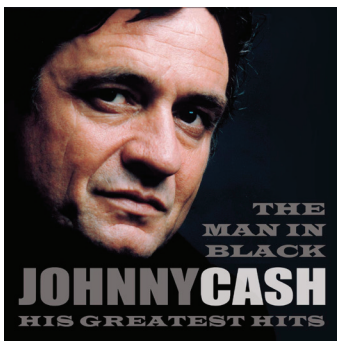
When we don't have snow, we have freezing rain and this is definitely a rain song. But it's hopeful, too, combining gorgeous strings with the sound of the rain. "Promise" is the kind of track you listen to while curled up with a cup of hot chocolate to watch the weather.

#8
"The Colder Months"
Liza Anne

Tired, slow, rueful—this track by Liza Anne accurately conveys all the negative emotions that crop up as the months turn colder and colder. It's perfect for dreary winter days when you can't imagine spring ever coming.

#9
"Parallel Timeline With Alternate Outcome"
Trent Reznor and Atticus Ross

How could I not include the soundtrack of a movie with the tagline "What is hidden in the snow comes forth in the thaw"? This song immerses you in *Girl With the Dragon Tattoo*'s uneasy Stockholm winter.



#10
"Girl From the North Country"
Bob Dylan and Johnny Cash

A classic for the winter months when you want to escape to the snowy woods of the (even further) north. Any version of this mournful ballad is excellent, but Bob Dylan and Johnny Cash's duet is undeniably among the best.

#11
"Glow"
UNKLE

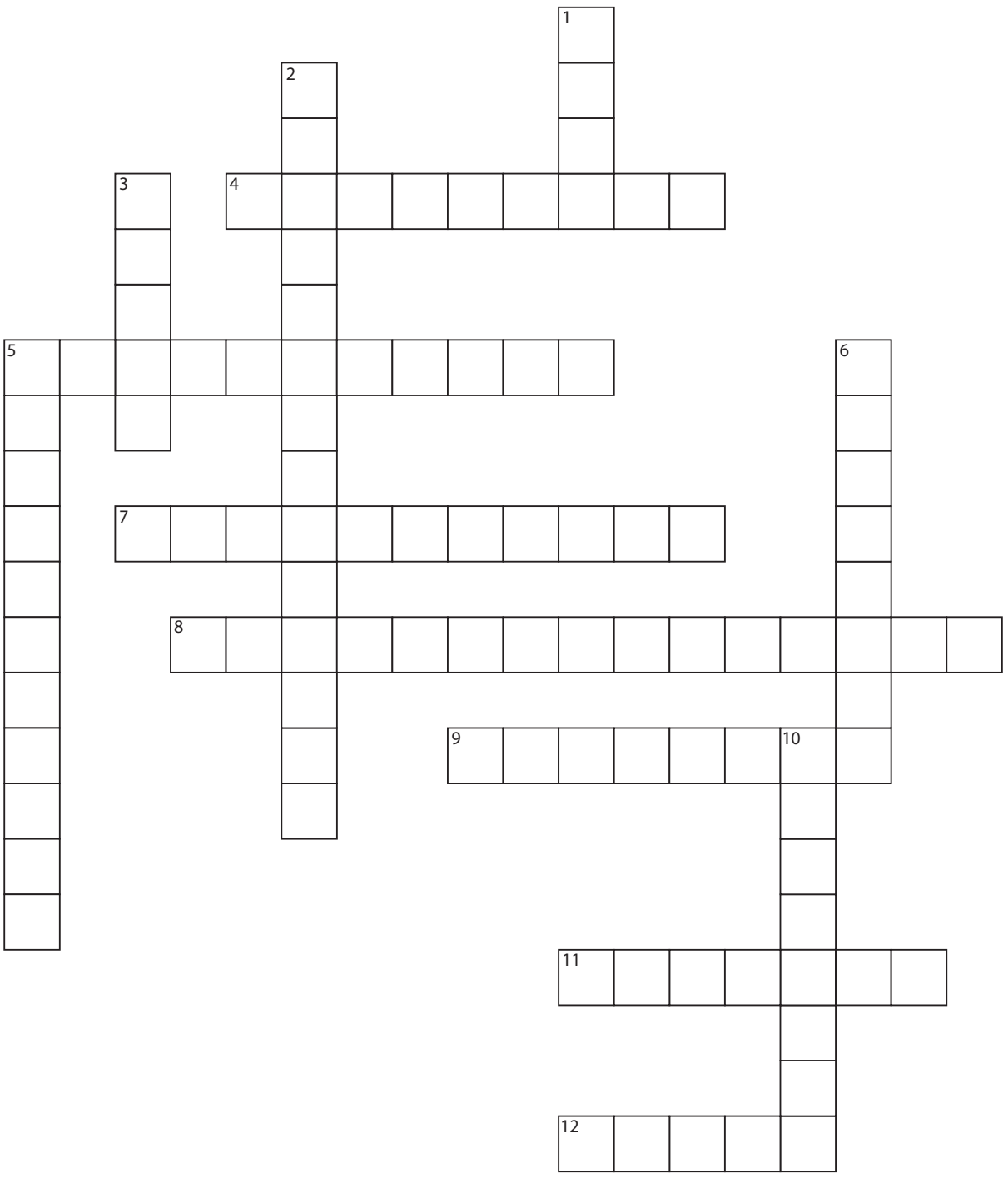
British band UNKLE is known for its combination of hip hop and electronica. You can hear these influences in this track, which wouldn't be out of place on the soundtrack of a cyberpunk film. Picture a wintry night in a retrofuturistic city and you'll have "Glow".

#12
"Winterfell"
Ramin Djawdi

So the end of *Game of Thrones* was heart-crushingly disappointing. But Ramin Djawdi's score never disappoints and the North does remember—after eight seasons of incredible work, "Winterfall" still ranks among his best. There's no winter song quite like this one.

CROSSWORD

COURTESY OF THE INNIS HERALD



ACROSS

4. Praised for his use of a continuous take in 1917
5. "I can't believe I sat through this three hour movie"
7. A coming-of-age story that follows four sisters
8. The only winner of the night that was produced by a former US president
9. It made history by being the first non-English language film to win Best Picture
11. This man refused to sell his company to [1 DOWN]
12. The only Netflix animated film to be nominated

DOWN

1. This car manufacturer wanted to buy out [11 ACROSS]
2. She plays the role of an ex-Fox News anchor in *Bombshell*
3. The second comic book-based movie to be nominated for "Best Picture"
5. Starring a lion, a warthog, and a meerkat.
6. This short film features the loving relationship between father and daughter
10. Only this actor could embody the wholesome energy of Mr. Rogers.

SUDOKU

COURTESY OF PUZZLES.CA

EASY

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